

Most minor soft tissue injuries can be managed at home. For the first two to three days after your injury, you should follow the **PRICE** procedure.

P

Protect



Protect your injury from further damage, for example, by using a support or splint.

R

Rest



Rest your injury for the first two to three days. You may need to use crutches if you've injured your leg and you want to remain mobile. Then reintroduce movement gradually so you don't delay your recovery by losing muscle strength.

I

Ice



Ice the painful area with a cold compress such as ice or a bag of frozen peas wrapped in a towel. This will help reduce swelling and bruising. Do this for 15 to 20 minutes every two to three hours. Don't apply ice directly to your skin as it can damage it.

C

Compress



Compress the injured area with an elastic bandage or elasticated tubular bandage to help limit swelling and movement. But don't leave the bandage on while you sleep.

E

Elevate



Elevate your injury by resting it above the level of your heart and keep it supported. This could mean lying on the sofa with your foot on some cushions if you've injured your leg.

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